Type 1 Diabetes Mellitus

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Institute lifestyle modification & group/individual education with specific patient goals.

- 1) Baseline Labs- LFT's, UA, fasting lipid profile, thyroid function, ECG, fasting & 2 hour postprandial serum glucose and HgA1c
- 2) Initiate aspirin therapy if no contraindications
- 3) Start low dose Ace-Inhibitor if no contraindications. (Enalapril 2.5 mg QD (\$1.20/month)
- 4) Evaluate for target organ damage and comorbidity.
- 5) Weight loss (>10% above IBW), exercise plan, diet plan.

**If intolerant to Ace-Inhibitor, microalbumin annually. If microalbumin > 30, consider non-dihydropyridine CCB (verapamil or diltiazem). Ace-inhibitor or CCB usage precludes necessity for annual microalbumin.

